

Yadkin County Health Department

2011



Yadkin County Community Health Assessment

Summary and Report

Jessica Owens Wall, MPH

Stephanie Leigh Portis, MPH

Acknowledgments

Thank you to the following organizations for supporting the 2011 Community Health Assessment:

Yadkin County Health Department



Yadkin County Department of Social Services



Yadkin County Schools



Yadkin Chamber of Commerce



Yadkin Family YMCA



Yadkin County Libraries



Yadkin Health Services Alliance

Cancer Services, Inc.



Northwest Community Care Network



Hospice and Palliative Care Center



Yadkin Valley Community Hospital



American Cancer Society



North Carolina State Health Statistics



North Carolina Employment Security Commission



Food Lion



Lowe's Foods



Yadkin County Senior Center

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Introduction

The community health assessment is a process utilized by local health departments and health education organizations to better understand the health issues and priorities in the county. The process begins with developing a team and a tool to get feedback and information from county residents. A community health assessment team comes together to determine what type of information should be gathered and who it should be gathered from. From here, the team will develop a survey tool (Appendix A). This will be given to county residents to complete. The data from this survey is compiled to get a better understanding about what are major health issues and concerns. From this the team can better determine what health topics need more education, what types of health access people need, and maybe even what types of health policies need changing. After information is gathered from the county residents, the data is put together in a report with secondary data from the state and local peer counties and comparisons are made. This helps determine how a county stands up compared to its peers or even the state and can be a type of measure of our own success. This report will highlight the areas where the county has some issue and where we may need to spend some time and effort, as well as what areas the county is doing well in. Community health assessments are completed every four years. This helps us see the amount of change that has been made over longer periods of time. This also allows the team to determine if they have been able to make a difference in some of the major areas of concern. The previous community health assessment was completed in 2007. In years when there is not a community health assessment completed, health departments complete a State of the County Health Report each December. This report

is similar in nature to the community health assessment report. However, this report is not as in-depth and does not include interviewing or surveying county residents. The report is compiled based on secondary data from outside sources, such as the State Center for Health Statistics of North Carolina. The previous State of the County Health Report was in December 2010.

Community Collaboration

Planning Collection

The 2011 Yadkin County Community Health Assessment survey tool was developed by the Northwest Region Health Educators Incubator. The survey was comparable to those used by surrounding counties such as Surry, Stokes, and Forsyth. In April of 2011, the Yadkin Health Services Alliance met to select five additional questions to include on the survey, bringing the survey to a total of thirty questions. Along with the specified eighteen questions included on the survey, there were also seven demographic questions.

The members of the Yadkin Health Services Alliance who attended the meeting and assisted with the selection of the questions to be included in the survey tool were representatives of the following community organizations and agencies:

Yadkin County Department of Social Services

Yadkin County Health Department

Yadkin Family YMCA

Cancer Services

Northwest Community Care Network

Hospice & Palliative Care Center

Yadkin Valley Community Hospital

American Cancer Society

Together this group collectively added the final five questions to the 2011 Yadkin County Community Health Assessment, which included:

1. *Where do you find out about local news or events?*
2. *How long has it been since you last visited a dentist or dental clinic for any reason?*
3. *Where do you go for your yearly dental checkup or dental care?*
4. *If you are a parent, where does your child receive dental care?*
5. *What do you think are the leading causes of death in Yadkin County?*

During this April meeting, the Yadkin Health Services Alliance also assisted in reviewing the literacy level of the survey tool, how the Spanish speaking population would be assessed, and through which avenues the survey tools would be administered to the population. For a complete version of the survey, see Appendix A.

Conducting Collection

There were many community agencies, organizations, and local businesses that collaborated in collecting responses for the 2011 Yadkin County Community Health Assessment. Yadkin County Department of Social Services, Yadkin County Libraries, Yadkin Family YMCA, Yadkin County Schools, Yadkin County Government, North Carolina Employment Security Commission, Yadkin County Health Department and Dental Clinic, Yadkin Valley Community Hospital, Yadkin County Senior Center, and Yadkin Chamber of Commerce all offered their assistance in collecting survey responses. The 2011 Yadkin County Community Health Assessment was linked on the Yadkin County Schools website, as well as, forwarded out to school system employees. The Yadkin County Department of Social Services collected survey

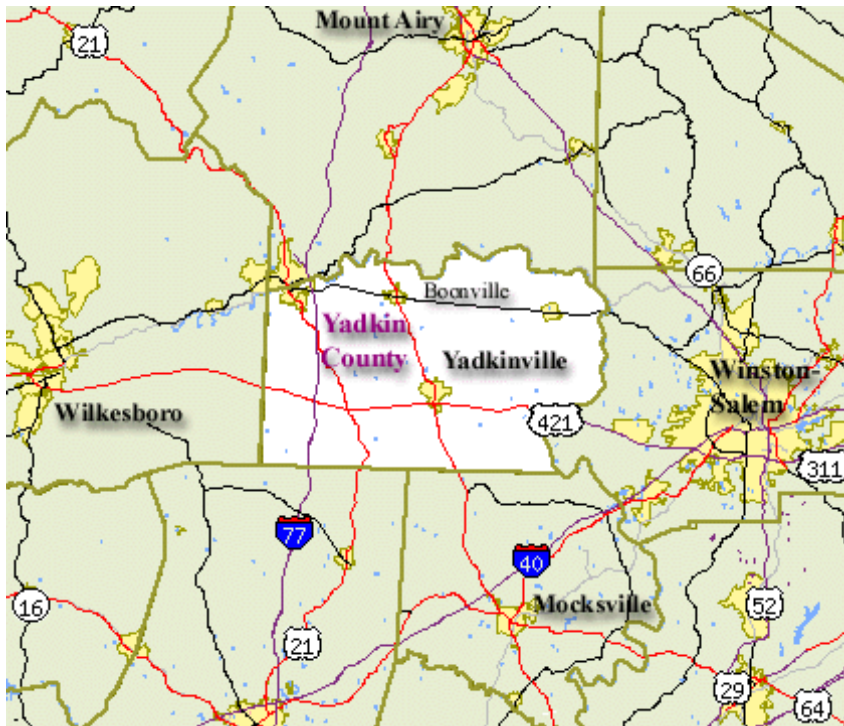
responses from clients, as well as, the Yadkin County Health Department and the Yadkin County Public Health Dental Clinic. Yadkin Valley Community Hospital sent surveys to employees along with their bi-weekly check stubs. The survey tool was dispersed and collected at the annual Harvest Festival in September, 2011. The survey was also linked on the Healthy Yadkin website and Facebook page. Surveys were also collected from local businesses, specifically, Food Lion, Lowe's Foods, and Austin Electrical Enclosures employees contributed to the data collection.

County Demographic Profile and History

Yadkin County is located in the northwest Piedmont region of central North Carolina. The region consists of rolling farmlands which are frequently broken by hills or valleys formed by streams. Yadkin County marks the eastern end of the Brushy Mountains range; and, the Yadkin River forms the county's northern and eastern borders¹.

The nearest metropolitan area is Winston-Salem, NC which is located 20 miles to the east. The county is 75 miles north of Charlotte, NC and 134 miles west of Raleigh, NC. Yadkin County is bordered on the north by Surry County, east by Forsyth County, west by Wilkes County, and on the south by both Davie and Iredell counties (see Figure 1). There are five municipalities in Yadkin which include: East Bend, Jonesville, Boonville, Hamptonville, and Yadkinville, which serves as the county seat.

Figure 1. County Map.



There are two major highways and one major interstate which run through Yadkin County. Interstate 77 runs north-south in the western region of the county. Highways 421 and 67 run east-west through Yadkin County. Highway 421 runs through Yadkinville, NC from Winston-Salem to Boone, NC. Highway 67 runs through East Bend and Boonville, NC from Winston-Salem to Jonesville, NC.

Yadkin County does not have an organized mass transit system that may be found in larger metropolitan areas. The county is closely located to two passenger service airports which are Piedmont Triad International Airport in Greensboro, NC and Charlotte-Douglas International Airport in Charlotte, NC. There is also a publicly owned general airport in Winston-Salem, NC,

Smith-Reynolds Airport. The closest bus and train stops are located approximately 25 miles away in Winston-Salem, NC.

The physical area of Yadkin County is approximately 334.83 square miles⁵. The elevation of the county is 875 feet above sea level². The climate in Yadkin County is relatively mild, with an average monthly maximum temperature around 69 degrees. The average monthly minimum temperature is 44 degrees. The average monthly precipitation is 45.6 inches².

From the official Yadkin County Chamber of Commerce website³ and Town of Yadkinville website⁴:

“Named for the river that marks its northern and eastern boundaries, Yadkin County was formed in 1850 from parts of land that was once part of Surry County. The County is named for the Yadkin River; which forms the northern and eastern boundaries of the county. In January 28, 1851, an act was passed to establish a county seat for Yadkin County. A 50-acre tract located at the center of the County was selected as the site of the new town. Originally the town was to be named Wilson, however after discovering another town with the name, the decision was made to name the town Yadkinville.”

Originally a farming community, flue cured tobacco was the major cash crop grown in Yadkin County. As tobacco use declined, production of other crops increased. Vineyards are now producing grapes to be used in wine-making. The first winery opened in 2000, and currently Yadkin County is home to 14 producing wineries, the largest concentration in the state of North Carolina. The Yadkin Valley Wine Region was the first and remains the largest, federally designated wine producing region, or appellation, in North Carolina.

While Yadkin County remains primarily rural in character, the county combines a farming economy with growing industrial development. Industrial growth was slow in coming to Yadkin due to the decision in 1871, 1885, and again in 1908 to not allow the railroad into the County. Highway infrastructure later allowed growth to take place and now Yadkin County has a healthy mix of manufacturing operations. Examples of this would be the Unifi, Phillip-Van Heusen, Lydall, and Chipita manufacturing plants that now reside in Yadkin County.

From the 2010 US Census data, we find that Yadkin County has 38,406 residents. This is a 5.7% increase in population since the 2000 US Census data was collected. Some notable population data points are that 23% of the population is under the age of 18 and 16% are over the age of 65. The two largest ethnic groups in the county are White at 88.5% and Persons of Hispanic or Latino origin at 9.8%. These differ from state data which are 68.5% and 8.4% respectively⁵.

Table 1

Percentage of Ethnicity in Yadkin County Compared to North Carolina

Ethnicity	Yadkin County	NC
White persons, percent, 2010	88.5%	68.5%
Black persons, percent, 2010	3.1%	21.5%
American Indian and Alaska Native persons, percent, 2010	0.2%	1.3%
Asian persons, percent, 2010	0.2%	2.2%
Native Hawaiian and Other Pacific Islander, percent, 2010	Z*	0.1%
Persons reporting two or more races, percent, 2010	1.2%	2.2%
Persons of Hispanic or Latino origin, percent, 2010	9.8%	8.4%

*Z: Value greater than zero but less than half unit of measure shown

Further investigation of the 2010 US Census data finds that 7.8% of the county's population speaks a language other than English in the home. The high school graduation rate is 76%, however, only 10.6% of the population has gone on to achieve a bachelors degree or higher. According to the KIDS COUNT Data Center, the most recent SAT score average for

Yadkin County from 2010 is 987 which was up some from the 979 score from 2009. 2008 and 2007 average SAT scores were 984 and 973 respectively. These scores were based on a 1600 point scale, including math and verbal scores. The median household income in Yadkin County is \$40,939. Approximately 13% of the county's population is living below the poverty level⁵.

Table 2

Language, Education, and Poverty Demographics

Demographics	Yadkin County	NC
Language other than English spoken at home, pct age 5+, 2005-2009	7.8%	9.6%
High school graduates, percent of persons age 25+, 2005-2009	76.0%	83.0%
Bachelor's degree or higher, pct of persons age 25+, 2005-2009	10.6%	25.8%
Median household income, 2009	\$40,939	\$43,754
Persons below poverty level, percent, 2009	13.4%	16.2%

Most of the employers in Yadkin County are in the private sector, with manufacturing being the largest employer in the county. In 2010, the unemployment rate was 10.3% and the year-to-date unemployment rate at time of submission was 9.2% according to ACCESSNC.

Yadkin County Parks and Recreation

According to the Yadkin County Parks and Recreation website, the department was established in 1972 with the goal of providing activities, events and facilities to meet the needs of the people of Yadkin County. The 140 acre facility is open to the public 365 days a year. The facility offers:

- 4 lighted tennis courts
- 1/2 mile long walking trail
- 18 hole disc-golf course
- 2 playground areas
- 2 lighted multipurpose athletic fields (used for youth soccer, youth baseball, and adult softball)
- 4 mile nature/biking trail (well marked and open year round)
- Sand volleyball court (can be reserved by groups)

- Large group shelter which can hold groups up to 250 people (can be rented for a 4 hour period for \$50.00)
- Small group shelter (first come basis)
- Junior Olympic sized outdoor pool (available for recreation, swimming lessons, private parties and swim team competition and practice. Admission is \$3.00 for 5y/o and older Under 5 y/o free with adult
Opens in late May till Labor day
Hours: M-F 1130am - 500pm and 730pm - 900pm
- Ted C. Williams Amphitheater which is the site for the summer musical series sponsored by the Yadkin Arts Council (Amphitheater is available for rent at \$35.00 for a 4 hour period)
- 2 ponds available for public fishing, no license required

The Parks and Recreation department also host special yearly events such as baseball tournaments, summer baseball camps, summer tennis camps, and occasional disc-golf tournaments. The department also sponsors some league athletics such as adult Softball, youth soccer, various basketball leagues and youth self-defense classes. Yadkin County government is also working on a new recreation area called the 5D project for the southwest end of Yadkin County. This is still currently in the planning and budgeting phases. Once complete, this new recreation area will add many facilities and recreation opportunities for county residents. The plans include: Fishing piers

- | | |
|-----------------------------------|------------------------|
| • Large and small picnic shelters | • Playground |
| • fishing piers | • Paved walking trails |
| • Canoe launch and Boat ramp | • Natural trail |

Leading Community Health Problems

Factors Affecting Health

If taking into consideration the World Health Organizations definition of health, “health is a state of complete physical, mental and social well being and not merely the absence of disease and infirmity”, there can be many aspects of a person’s life which could have some impact on their health. Of course, a person’s own physical make-up or genetics are going to have an impact on their health. There is also the physical environment which impacts a person’s health. This would include food and water safety, the quality of the air, and items or situations which could cause injury. An individual’s health is affected by their socioeconomic status, which is determined by education and employment. In addition, access to healthcare and health insurance can have an impact on a person’s health status. Lastly, the community’s health can be greatly impacted by the personal choices of each individual. These choices could include those pertaining to diet, exercise, alcohol or drug use, smoking, sexual activity, or stress management skills.

Activities/Programs Addressing Major Health Concerns

In 2010, Healthy Yadkin released State of the County Health Report (SOTCH). The research for the 2010 SOTCH Report was conducted under the auspices of the Yadkin County Health Department and the Healthy Yadkin Task Force. The results of the Yadkin County SOTCH Report helped to establish the following top ten health and safety priorities:

- Access to Health Information
- Access to Dental Care
- Smoke-free Environments
- Cancer (prevention / early detection)
- Teen Issues (self-esteem, drugs, smoking, gangs, pregnancy, etc)
- Access to Mental Healthcare
- Obesity
- Access to Care (& prescription drugs)
- Rabies Prevention
- Services for the Aging

The Yadkin County Health Department has many programs and activities in place to address some of these issues that were identified in the 2010 State of the County Health Report. To increase access to health information, Healthy Yadkin, the Health Promotion department of the Yadkin County Health department, maintains both a Facebook page as well as a website. Also, there are two articles written for the free local magazine, Yadkin Valley Living. Along with the health articles in Yadkin Valley Living, there are numerous articles about health related topics and Health Department services covered in the local newspaper, The Yadkin Ripple. Healthy Yadkin maintained a resource library for residents and the Health Department assist in planning and implementing a health fair each fall which includes activities for all ages.

To address issues with access to dental care the Yadkin County Health Department operates a public dental clinic at 622 West Main Street in Yadkinville. The clinic offers services such as routine dental x-rays, complete examinations, cleanings, fluoride treatments, sealants,

fillings, limited dentures and simple extractions. The clinic is filling a great need in the county, and has been well received by our residents. Also, due to the loss of the local school dental hygienist, staff at the dental clinic has been able to start completing school dental screenings for both kindergarteners and 5th graders. The dental clinic also now sits on the local School Health Advisory Council (SHAC).

In the spring of 2011, the Yadkin County Schools Board of Education approved a new comprehensive curriculum which was presented by Health Yadkin. Since then, the Health Educator has been working on teaching all 7th, 8th, and 9th grade students comprehensive reproductive health and safety education. Also, the health Educator operates a text line for teens. This number is given to the 9th grade students at the completion of teaching, in case they have any one-on-one follow-up questions. This education has also been taught to other youth groups including teens and parents involved in the Yadkin Stop Child Abuse Now (SCAN) program and the youth programs associated with Surry and Yadkin Children's Center. Also of this teaching and outreach is to address issues of teen sexual risk taking and other teen issues.

The Yadkin County Health Department works to address issues of obesity by creating and supporting programs which encourage children and adults to get active. There are two programs sponsored by the Health Department which are found in the schools. One is the GO GAR program. Go Out For A Run is a fairly new program for Yadkin County. Healthy Yadkin partnered with the School System, YMCA, Yadkin Valley Community Hospital and the Town of Yadkinville to bring a 10 week 5k training curriculum to 3-6th graders across the county and put on a 5k road race! The race is held the third Saturday in November, and most recently had almost 300 runners, many of which were school aged children. Second, Healthy Yadkin received

the NC Eat Smart Move More Community Grant 2010-2012 for the Read-n-Ride program. We have partnered with the school system to create a “Bike Lab” in each middle school in the county. These “labs” are used for cycle classes, fitness clubs, and as a reward. This program also works with East Carolina University to study the physical activity habits of Yadkin County students. Data is collected with accelerometers and surveys. Another neat feature of Yadkin County which helps address issues of obesity, is the “Start With Your Heart” downtown marker system and guidebook. This is a walking guide and marker system was implemented in downtown Yadkinville in May 2003. Since its implementation, Healthy Yadkin, in partnership with the Yadkinville Downtown Business Association, has offered periodic walking programs to promote the use of the marker system and guide.

To address issues of access to health care, Yadkin County brought in a unique program. The Yadkin County Health Department houses a branch of the Healthcare Access program. This program is designed to offer healthcare to residents that cannot afford to buy health insurance, and do not qualify for Medicaid or Medicare. This is a referral only program.

The aging population of Yadkin County can utilize many of the same services in the county as other residents; however, there are some programs which are designed specifically for the aging community. Living Healthy workshops must be lead by trained trainers. Healthy Yadkin teaches 6 week long workshops on chronic disease management once a quarter. Living Healthy is an evidence-based healthy aging program that was developed at Stanford University: it helps people to manage symptoms, lessen frustrations, fight fatigue, build confidence, communicate effectively with their doctor/healthcare professionals, and get more out of life! Yadkin Valley Senior Games is another program we support for the aging population.

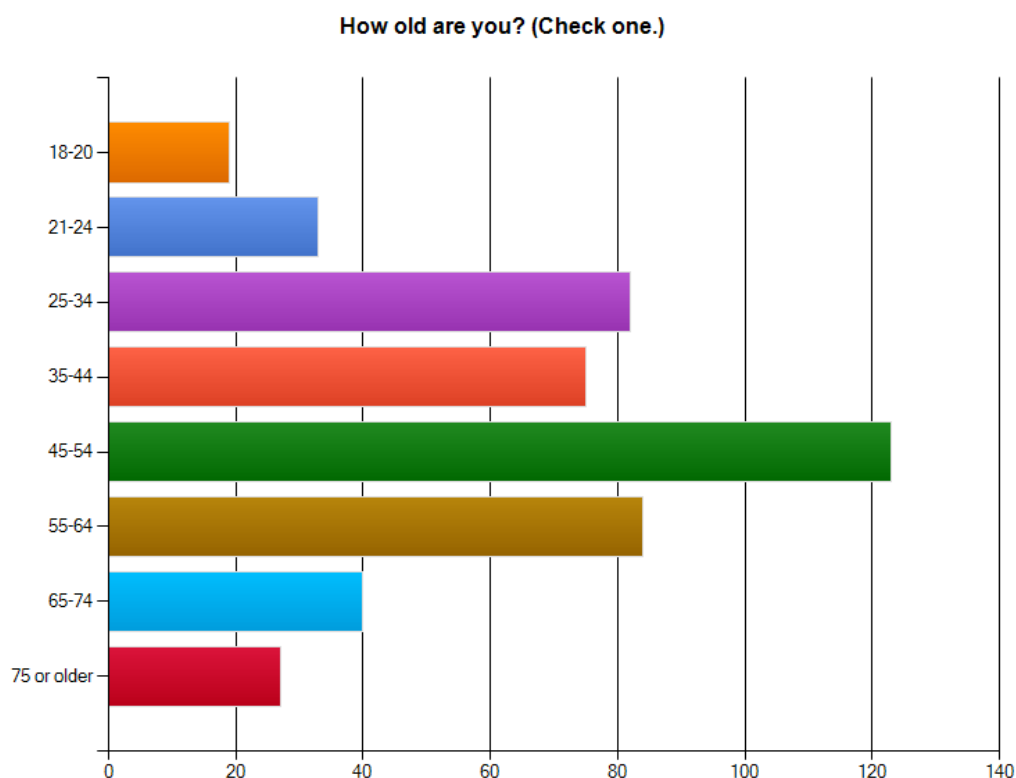
Healthy Yadkin is the co-coordinator for the Surry-Yadkin Senior Games. This is a yearly program that promotes healthy/active aging and fellowship in our senior adults. The games are held during a two week period in May of every year, and winners go on to state and national competition.

Primary and Secondary Data

Health Status of the Community

Primary data regarding the health status of citizens of Yadkin County comes from the 2011 Yadkin County Health Assessment which was implemented from April 2011 to March 2012. There were 511 surveys completed. The survey demographic includes 72.6% females, with the largest amount of survey takers being 45-54 years old. See Figure 2 for complete age ranges.

Figure 2. Age Ranges.



Of those who completed the survey, 87.8% were white, with 10.8% being of Hispanic or Latino origin. This is very similar to the general overall population of Yadkin County. Educational levels and household income amounts varied. See Figure 3 and 4.

Figure 3. Education Levels.

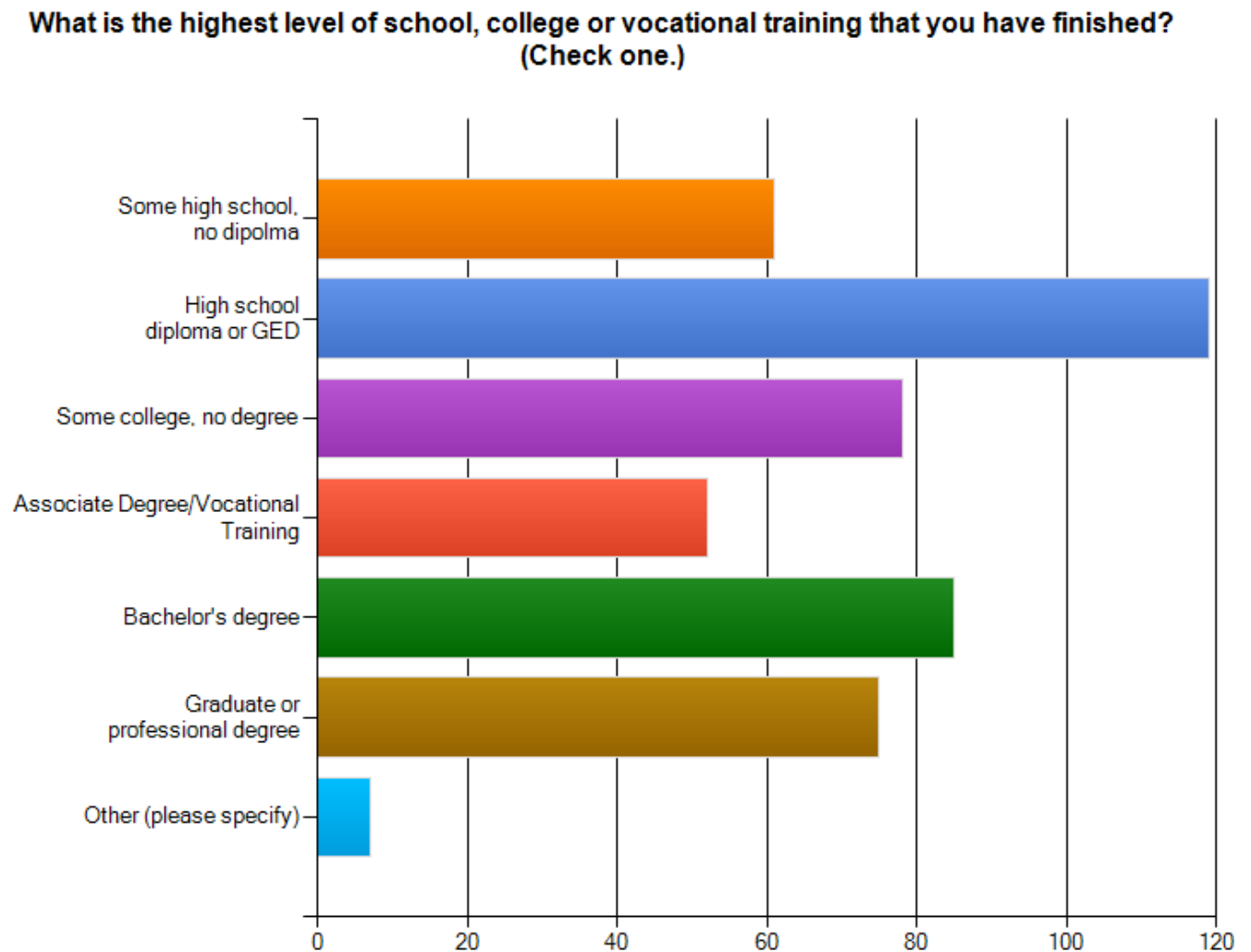
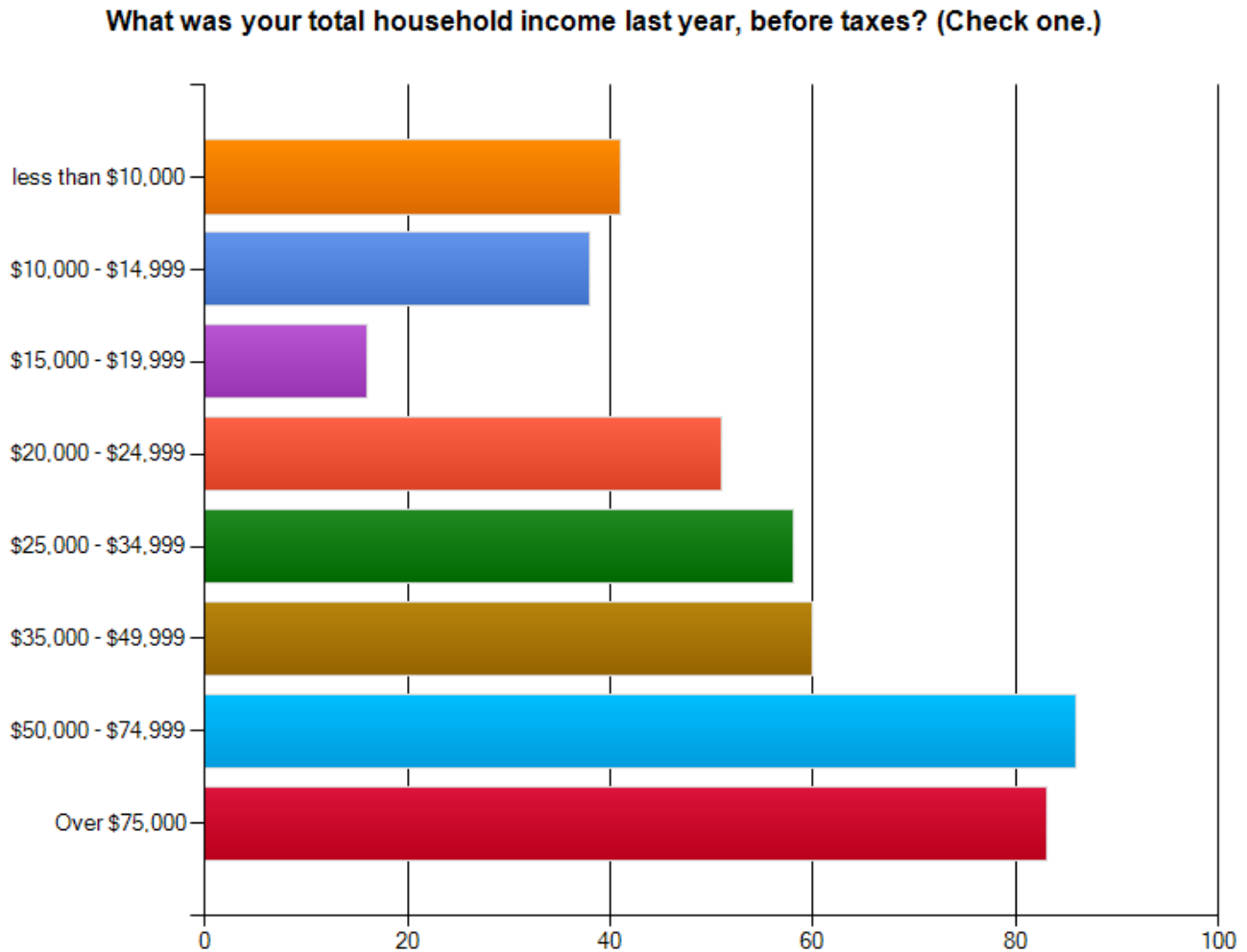


Figure 4. Household Income.

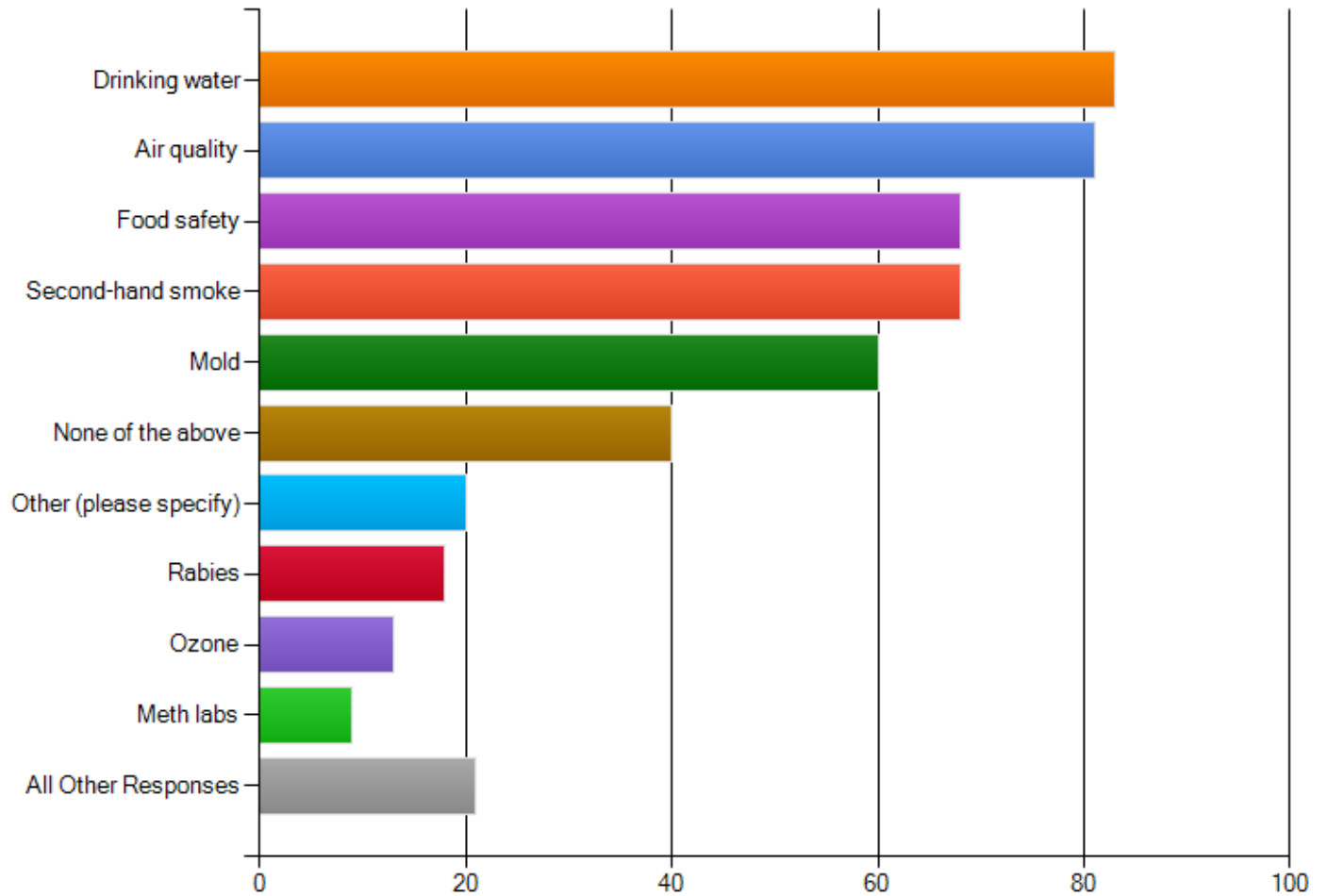


Yadkin County residents were asked about their perception of environmental health factors that they feel have the most affect on their health. The environmental health factor they were most concerned about was air quality at 16.8%, with drinking water and second-hand smoke right behind at 17.3% and 14.1% respectively. For more information regarding residents' responses see Table 3.

Table 3

Environmental Health Concerns

Which of the following Environmental Health concerns do you believe most affects your health? (Check one)



Given that second-hand smoke is a major health concern, most residents are supportive of tobacco free environments in restaurants, workplaces, community colleges, and other public places, with 87.5% showing their support.

Healthcare costs and having access to healthcare are two determinants of health which presented when completing the 2011 Yadkin County Health Assessment. The cost of routine vaccines and preventative health exams such as colonoscopies, prostate exams, mammograms or pap smears is often the reason residents forgo these health practices. 8.7% of the residents completing the survey do not have a regular annual physical or check-up. In addition, 4.5% do not seek medical attention when they are ill. If they do, most will visit a private doctor's office; but many will go to the Health Department, an urgent care, or a walk-in clinic. Yadkin County does not currently have an urgent care or a walk-in clinic. When considering dental health, there are residents of Yadkin County who have never visited a dentist and 14.3% report not receiving regular dental care.

Personal behaviors may be the best indicator of health. For example, diet and exercise can play a major part in determining a person's health. The 2011 Yadkin County Community Health Assessment asked residents about their regular physical activity, as well as, their consumption of fruits and vegetables. Most residents stated that they did receive the recommended amount of physical activity each day; however, another large portion of residents stated not having enough time to exercise as the main reason they are not meeting the recommendation (see Figure 5). In regards to consuming the daily recommended amount of fruits and vegetables, residents stated that they felt they ate the recommended amount; and if they didn't, it was because the cost of fruits and vegetables is too high (see Figure 6).

Figure 5. Physical Activity Rates.

The recommendation for physical activity is 30 minutes a day, 5 days a week (2 1/2 hours per week). Pick the main reason that keeps you from getting this much physical activity (Check one.)

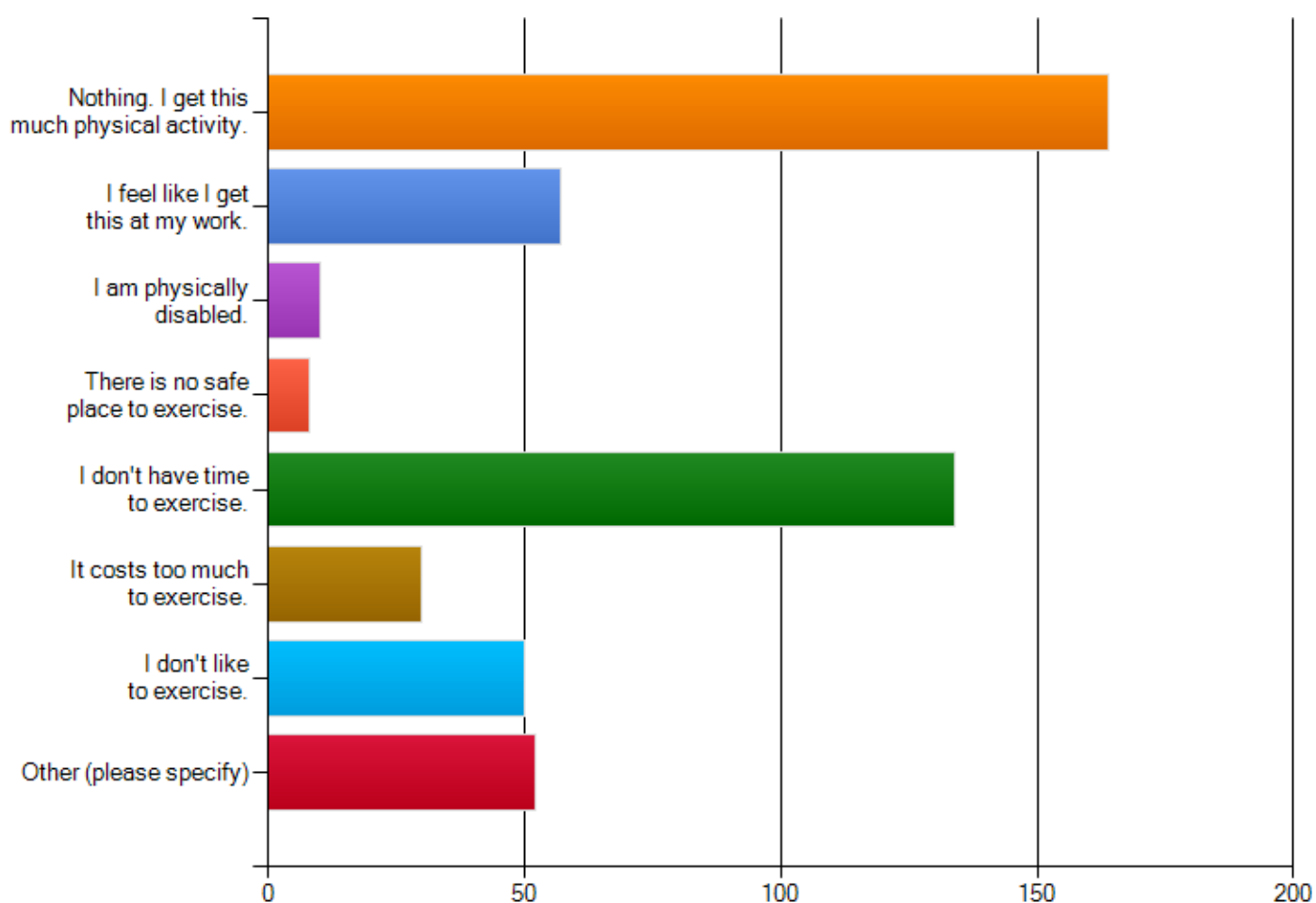
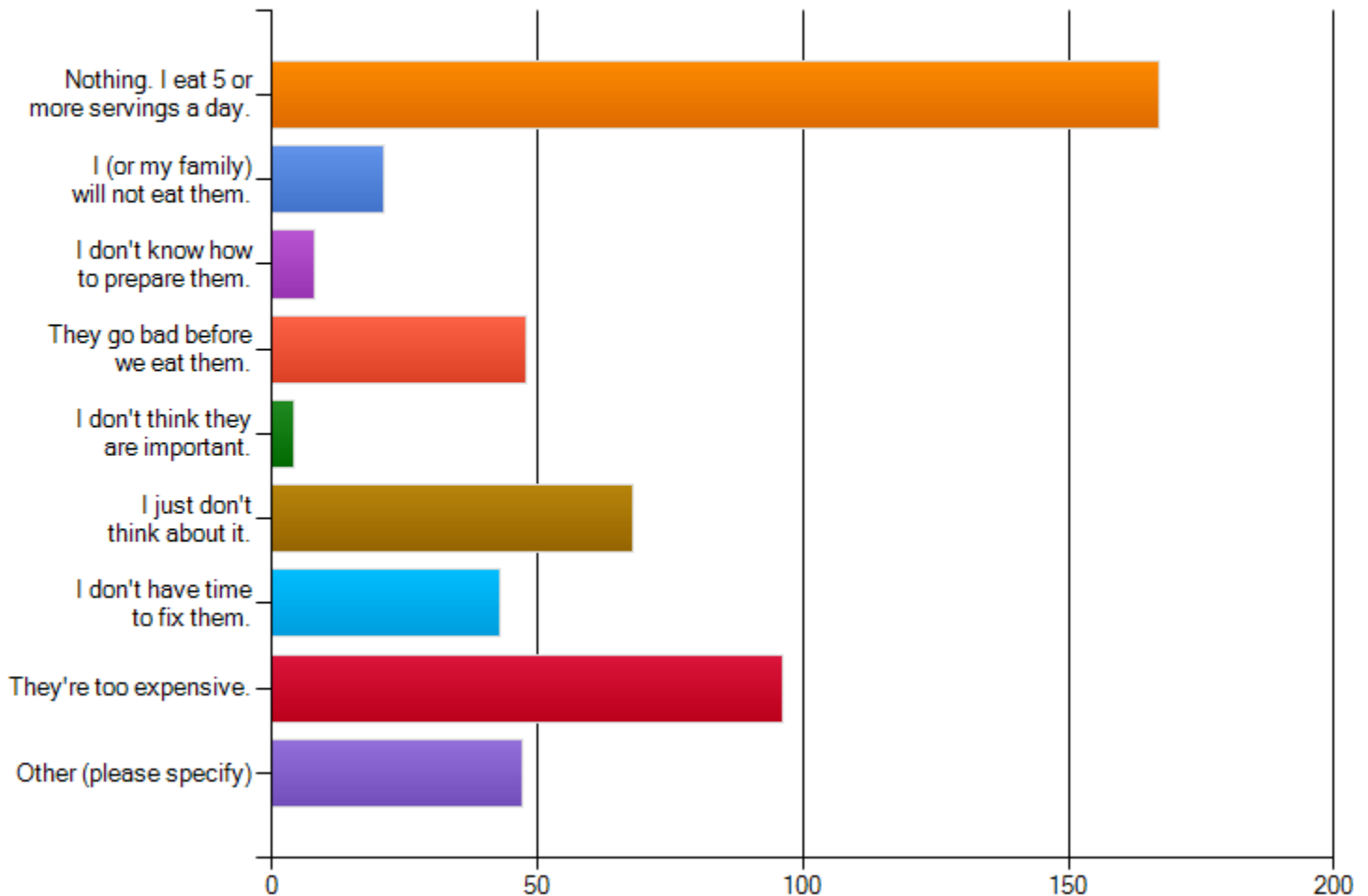


Figure 6. Fruit and Vegetable Consumption.

One recommendation for healthy eating is to eat at least 5 servings of fruits and vegetables a day (not French fries or potato chips). Pick the main reason that keeps you from eating this way. (Check one.)



Most Yadkin County residents are participating in health exams that can help with prevention by identifying health issues. 82.8% of residents are keeping their families' vaccinations up to date and 81.7% of women are receiving annual pap smears. Of those who are of age, a majority of residents are participating in health screenings such as a colonoscopy, a prostate exam, or a mammogram.

Secondary data from CATCH-NC Portal gives a more detailed look at factors affecting the health status of the residents of Yadkin County. This database examines many environmental aspects which have an effect on a person's health. Some of these factors include the number of farmers markets, fast food restaurants, grocery stores, and recreational fitness facilities. Areas of concern for Yadkin County, according to the database, are: number of farmers markets, convenience stores, grocery stores, and pharmacies. See figures 7-10. When the gauge enters the red area, this means a county is worse than the state rate by more than 15%.

Figure 7. Number of Convenience Stores with Gas per 10,000 Residents.



0.8 4.8 11.3

Here the figure shows that Yadkin County has more convenience store and gas stations per 10,000 residents than the average state rate.

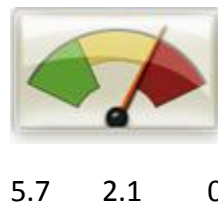
Figure 8. Number of Farmers Markets per 10,000 Residents.



2.3 0.1 0

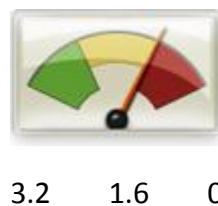
Here the figure shows that Yadkin County has less farmer's markets per 10,000 residents than the average state rate.

Figure 9. Number of Grocery Stores per 10,000 Residents.



This figure shows that Yadkin County has less grocery stores per 10,000 residents than the average state rate.

Figure 10. Number of Pharmacies and Drug Stores per 10,000 Residents.



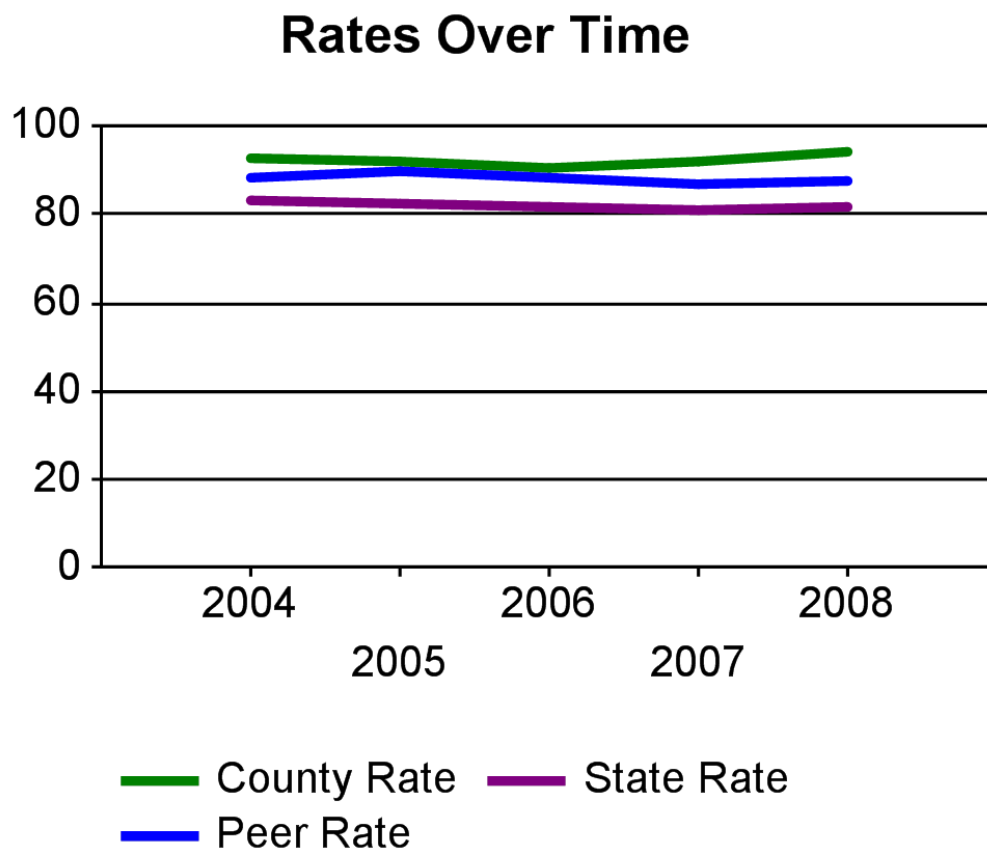
This figure shows that Yadkin County has less pharmacies and drug stores per 10,000 residents than the average state rate.

The number of grocery stores and farmers markets could have an effect on the availability of fresh produce for residents of the county. A lack of pharmacies could have an impact on the number of places where residents could have their questions answered about their medications and remedies for disease and illness. Often times, convenience stores do not offer fresh produce or whole meats and have a high abundance of nutrition poor items such as alcohol, soft drinks, and processed foods. Here, a high number of stores would be an indicator of poor health.

Access to healthcare, as well as, the number of individuals who are uninsured can be examined. The number of uninsured in the following age categories, 0-18, 0-64, and 19-64 were all within the state average of 11.5, 19.7, and 23.2 per 10,000 respectively. Another indicator is the percentage of live births where prenatal care began in the first trimester. Figure 11

indicates that Yadkin County, when compared to peer counties and the state, has seen a recent increase in the number of women receiving prenatal care in the first trimester.

Figure 11. Women Receiving Prenatal Care in the First Trimester.



In regards to healthcare access and availability, there are many areas where Yadkin falls short of the state average. This can be accredited to the number of medical professionals who currently work in the county. Yadkin County has lower than the state averages in the following professions, when comparing the number per 10,000 in the population:

Dentists

Physician Assistants

Licensed Practical Nurses

Physicians

Registered Nurses

Primary Care Doctors

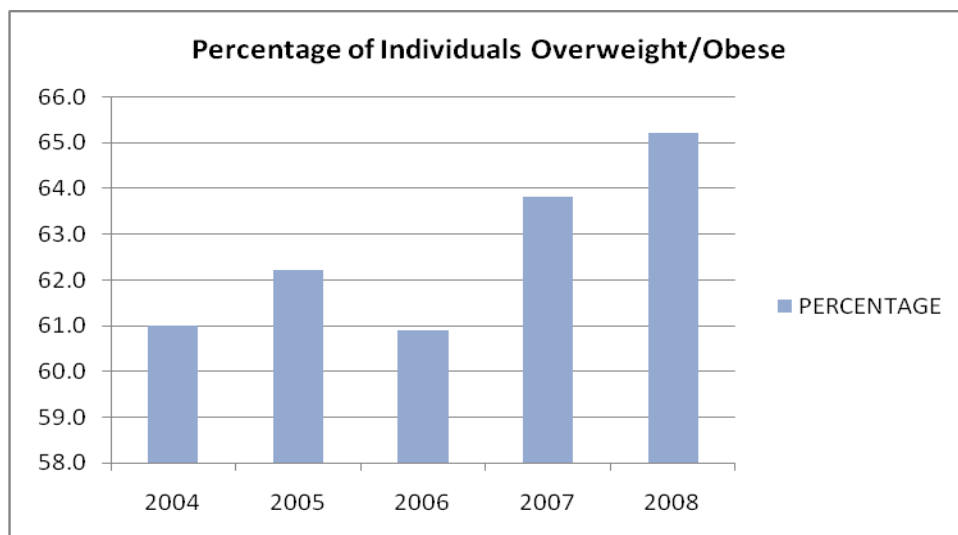
Nurse Practitioners

Psychologists

Optometrists

As previously stated, personal health behaviors can often be a leading indicator of one's health. Such behaviors would include diet, exercise, smoking, alcohol consumption, drug use, stress, and communicable diseases, such as sexually transmitted diseases. There is no secondary county-specific data, other than the community surveys, regarding diet for Yadkin County. Regional data shows that many people in the region are not consuming the recommended amount of five servings of fruits and vegetables per day. In 2005 and 2007, only 22.7% and 22.2% of individuals met the daily requirement, respectively. This is comparable to the state numbers, which are 22.5% and 21.6% respectively. The numbers regarding physical activity of individuals in the region are better. The recommendation is to get moderate physical activity at least 30 minutes per day, at least five days per week. Between 2005 and 2007 in the Piedmont region, 41.8% and 44.6% were meeting this recommendation for physical activity, respectively. According to this data, most recently, over 13% of the population in this region is considered completely inactive. The body mass index data from 2008 shows that 65.2% of individuals in the region are either overweight or obese. This is part of a trend showing a steady increase over the past several years, see Figure 12.

Figure 12. Percentage of Overweight and Obese Individuals.



Smoking and substance abuse, including alcohol, are issues that also affect Yadkin County residents. Yadkin County is worse than the state average in the number of women who smoke during their pregnancy, see Figure 13 below.

Figure 13. Percent of Live Births Where Mother Smoked During Pregnancy.



2.6 10.4 30.3

The figure shows that Yadkin County has more mothers who are smoking during pregnancy per 10,000 residents than the average state rate.

The estimated number of youth and adults with substance abuse issues are listed in the chart below. The chart shows us that, in Yadkin County, there is a higher estimate of substance abuse issues in children aged 12-17, as well as, adults aged 26 and higher when compared to the state estimates.

Table 4

Substance Abuse by Age

Abuse Category	Amount: Yadkin County	Percentage of Population	Amount: North Carolina	Percentage of Population
Youth Age 12-17	246	0.64	57885	0.61
Youth Age 18-25	677	1.76	204759	2.15
Adults 26+	1735	4.5	405331	4.25

Communicable diseases, including sexually transmitted diseases, can affect health. Yadkin County has a lower rate than the state average for AIDS discharges, Chlamydia, and Gonorrhea. Also, the county has a lower rate than the state rate for HIV cases and deaths, as well as, tuberculosis. Areas of concern in communicable disease are infectious and parasitic diseases, influenza and pneumonia, primary and secondary syphilis, and septicemia discharges and deaths. This is according to the NC-CATCH portal which reports that in each of these areas, Yadkin County is worse than the state rate by 15% or more.

Certain risk factors could play a role in determining chronic disease. The risks factors include high blood pressure, diabetes, binge drinking, and smoking. Data on these risk behaviors comes from the region, not the county. High blood pressure rates in the area are lower, but closely similar to, those at the state level. Binge drinking by adults is collectively higher than those of the state level over the past several years and has increased each year. In contrast, the numbers of individuals who smoke in the region are collectively lower than those of the state.

Table 5

Percentage of Individuals with Reported High Blood Pressure in Yadkin County

Year	Yadkin Total	Percent "Yes"	North Carolina Total	Percent "Yes"
2005	9675	27.6	17239	29.2
2007	7085	27.4	14749	28.8

Table 6

Percentage of Individuals Who Reported Binge Drinking in Yadkin County

Year	Yadkin Total	Percent "Yes"	North Carolina Total	Percent "Yes"
2004	8258	9.0	14849	8.4
2005	9587	11.1	17087	10.5
2006	8577	11.8	15339	11.2
2007	7010	12.5	14603	12.9
2008	7497	13.6	15624	12.9

Table 7

Percentage of Individuals Who Report Smoking in Yadkin County

Year	Yadkin Total	Percent "Yes"	North Carolina Total	Percent "Yes"
2004	8338	20.8	15003	22.5
2005	9638	21.3	17183	22.6
2006	8697	20.8	15569	22.1
2007	7081	21.5	14734	22.9
2008	6283	19.3	12898	20.9

At Risk Groups

Groups which may be at risk for having an increase in health issues are those for whom English is a second language, those living below the poverty level, and those who do not have access to healthcare.

Yadkin County has a large Hispanic and Latino population living in the county. These individuals may not speak English as their first and primary language. This challenge could keep

individuals from receiving health information from organizations or agencies. Also, when these individuals do seek services from the community, there is a language barrier that must be broken to get the information delivered accurately.

People who live below the poverty level will also be at risk for more health issues. These individuals may not have the means to purchase healthier foods such as fruits and vegetables. These families may have a diet that consists more of processed foods that may lack the recommended daily values needed for health. Also, as stated above, there is a lack of public transportation in the county. These populations may not have the means to go to a physician's office.

Those who do not have insurance or access to a medical home are at a risk as well. These people may not have medical insurance for many reasons. With the current economy, many are without employment. This causes people to either be without health care coverage or responsible for purchasing a policy themselves. Of those who do work, if their employer does not provide the coverage, individuals still may not be able to afford to purchase their own policy. They may also have a pre-existing condition that may prevent them from qualifying for lower rate insurance.

Existing and Needed Health Resources*

The most recent data on the number of physicians per 10,000 in the population in North Carolina is 24.7 while Yadkin County is 4.9. The most recent information finds that there are 19 physicians in the county. 2010 data from the NC Department of Commerce and ACCESSNC reports 30.7 nurses per 10,000 residents, as well as, 1.3 and 4.4 dentists and pharmacists per

10,000 residents, respectively⁹. Yadkin County has one hospital, Yadkin Valley Community Hospital, located in the town seat of Yadkinville. The hospital is a 22-bed critical access hospital which offers inpatient care, emergency care, laboratory services, radiology, outpatient surgery, therapy services, palliative care, and pulmonary rehabilitation. The hospital also houses one of the three physicians' offices in Yadkinville, Yadkin Valley Physicians.

Also in Yadkinville are Yadkin Medical Associates and Blue Ridge Cardiology. There are three physicians' offices located in Jonesville as well. There is a second location of the Blue Ridge Cardiology practice, as well as, Jonesville Family Medical Center and Hugh Chatham Family Medicine. There are six pharmacies located in three of the five municipalities. Yadkin County has three traditional nursing home facilities and five assisted living facilities. The Yadkin County Health Department is also utilized for its clinic services such as the child health, family planning, and maternity care programs. In February 2012, Yadkin County had its first free clinic open in Yadkinville. The Hands of Hope free clinic operates one night per week at Yadkinville Church of Christ.

Yadkin County does not have some health resources that the community needs. The hospital in the county does not provide OB/GYN services and there are no practicing OB/GYN physicians in the county. Women can only receive maternity care services in the county at the local health department, but must deliver in one of the surrounding counties. Most residents deliver at either Hugh Chatham Memorial Hospital in Elkin or Forsyth Medical Center in Winston-Salem. Both of these delivery locations are approximately a 30 minute drive from the county seat of Yadkinville. Also, Yadkin County does not currently have an urgent care facility.

This causes those residents in the county without a medical home to have to travel outside of the county for medical care. Yadkin County does not have medical facilities to see patients or treat conditions on the weekends or evenings. These issues lead to travel outside the county or to residents going to the local emergency department for treatment for non-emergency conditions.

*see the List of Existing Resources in Yadkin County on Page 42 for a complete list

Comparison of Local Data

County Health Rankings and Comparable Data⁶

The chart below shows health outcome rates and percentages for Yadkin County in comparison with the National Benchmark (average), and the state's rates and percentages. The following charts also include comparative data from peer counties: Davie, Alexander, McDowell, and Caldwell.

	Yadkin County	Error Margin	National Benchmark	North Carolina	Rank (of 100)
Health Outcomes					57
Mortality					59
Premature death	9,237	8,062- 10,411	5,564	8,108	
Morbidity					57
Low birth weight	8.0%	7.1-9.0%	6.0%	9.1%	
Adult smoking	27%	21-34%	15%	22%	
Adult obesity	30%	24-37%	25%	29%	
Excessive drinking	8%	4-13%	8%	12%	
Motor vehicle crash death rate	24	18-30	12	20	
Sexually transmitted infections	119		83	414	
Teen birth rate	52	47-57	22	50	
Uninsured adults	23%	19-27%	13%	21%	
Primary care physicians	1,714:1		631:1	859:1	
Preventable hospital stays	94	86-101	52	68	
Diabetic screening	88%	74-100%	89%	86%	
Mammography screening	58%	44-73%	74%	67%	
High school graduation	79%		92%	78%	
Some college	47%		68%	60%	
Unemployment	10.3%		5.3%	10.6%	
Children in poverty	19%	14-23%	11%	20%	
Children in single-parent households	22%		20%	34%	
Homicide rate			1	7	
Air pollution-ozone days	0		0	6	
Access to healthy foods	80%		92%	66%	
	North Carolina		Yadkin County	Davie County	Alexander County
Health Outcomes			57	33	56
Mortality			59	17	58
Premature death	8,108		9,237	7,765	9,215
Morbidity			57	52	56
Low birth weight	9.1%		8.0%	8.5%	7.9%
Adult smoking	22%		27%	28%	22%

Adult obesity	29%	30%	28%	29%
Excessive drinking	12%	8%	11%	13%
Motor vehicle crash death rate	20	24	20	22
Sexually transmitted infections	414	119	171	140
Teen birth rate	50	52	41	51
Uninsured adults	21%	23%	24%	21%
Primary care physicians	859:1	1,714:1	1,580:1	2,287:1
Preventable hospital stays	68	94	68	68
Diabetic screening	86%	88%	89%	89%
Mammography screening	67%	58%	65%	68%
High school graduation	78%	79%	79%	76%
Some college	60%	47%	57%	42%
Unemployment	10.6%	10.3%	11.4%	14.3%
Children in poverty	20%	19%	16%	18%
Children in single-parent households	34%	22%	22%	22%
Homicide rate	7			
Physical Environment		14	55	42
Air pollution-ozone days	6	0	11	4
Access to healthy foods	66%	80%	100%	67%
	North Carolina	Yadkin County	McDowell County	Caldwell County
Health Outcomes		57	59	54
Mortality		59	34	42
Premature death	8,108	9,237	8,561	8,752
Morbidity		57	78	68
Low birth weight	9.1%	8.0%	8.8%	9.0%
Adult smoking	22%	27%	23%	26%
Adult obesity	29%	30%	34%	31%
Excessive drinking	12%	8%	6%	9%
Motor vehicle crash death rate	20	24	19	19
Sexually transmitted infections	414	119	217	199
Teen birth rate	50	52	53	63

Uninsured adults	21%	23%	19%	16%
Primary care physicians	859:1	1,714:1	1,756:1	1,229:1
Preventable hospital stays	68	94	53	78
Diabetic screening	86%	88%	88%	84%
Mammography screening	67%	58%	61%	64%
High school graduation	78%	79%	77%	79%
Some college	60%	47%	49%	47%
Unemployment	10.6%	10.3%	14.8%	15.4%
Children in poverty	20%	19%	22%	21%
Children in single-parent households	34%	22%	30%	30%
Homicide rate	7			4
Physical Environment		14	89	13
Air pollution-ozone days	6	0	0	4
Access to healthy foods	66%	80%	67%	100%
Access to recreational facilities	11	8	0	8

Note: Blank values reflect unreliable or missing data

Community Health Indicators⁷

Access to Care

Access to healthcare is an issue in Yadkin County. There is a lack of medical care facilities and a large population of uninsured individuals. Table 8 shows numbers regarding uninsured individuals and access to healthcare providers. In addition to use of services, access to care may be characterized by medical care coverage and service availability.

Table 8




Healthcare Providers and Uninsured Individuals in Yadkin County

Uninsured individuals (age under 65) ¹⁰		6,506
Medicare beneficiaries ¹¹		
	Elderly (Age 65+)	5,538
	Disabled	1,393
Medicaid beneficiaries ¹¹		6,043
Primary care physicians per 100,000 pop ¹¹		36.9
Dentists per 100,000 pop ¹¹		15.8
Community/Migrant Health Centers ¹²		No
Health Professional Shortage Area ¹²		No

Environmental Health

This section shows reported numbers for cases of E. Coli, Salmonella, and Shigella in Yadkin County for 2009. As you can see, no E. Coli was reported and more Salmonella and Shigella cases were reported than health officials had expected. No data was available regarding the toxic chemicals released annually in the county. In addition, all of Yadkin County's National Air Quality Standards were met in 2009.

INFECTIOUS DISEASES¹³

<u>Status</u>	<u>Cases</u>	<u>Reported</u>	<u>Expected</u>
	E.coli	0	2
	Salmonella	32	24
	Shigella	26	4

TOXIC CHEMICALS RELEASED ANNUALLY¹⁴: nda

NATIONAL AIR QUALITY STANDARDS MET?¹⁵

Carbon Monoxide	Nitrogen Dioxide	Sulfur Dioxide	Ozone	Particulate Matter	Lead
Yes	Yes	Yes	Yes	Yes	Yes



Indicates a status favorable to peers.



Indicates a status less than favorable.

nda No data available.

Measures of Birth and Death¹⁶

This section details the Birth Measures, Infant Mortality, and Death Measures for Yadkin County in 2009. Yadkin County meets the peer county range for birth measures but fails to meet the Healthy People 2010 Target. For Infant Mortality Measures, Yadkin County falls within the peer county range and for some measures, meets or exceeds the Healthy People 2012 Target. For Death Measures, Yadkin County shows a higher rate for stroke and unintentional injury than its peer counties. While some areas of the Death Measures meet or exceed the Healthy People 2012 Targets, colon cancer, homicide, lung cancer, motor vehicle injuries, stroke, suicide, and unintentional injuries are much higher than the desired target rate.



Indicates a status favorable to peer county median value



Indicates that a closer look and perhaps reduction to the percent or rate may be needed. Blank indicates no comparison.

County Percent	Status	Peer County Range	Birth Measures	U.S. Percent 2005	Healthy People 2010 Target
7.7		5.6 - 7.9	Low Birth Wt. (<2500 g)	8.2	5.0
1.4		0.9 - 1.6	Very Low Birth Wt. (<1500 g)	1.5	0.9
12.7		9.4 - 13.4	Premature Births (<37 weeks)	12.7	7.6
3.7		1.4 - 4.0	Births to Women under 18	3.4	No objective
1.6		1.2 - 3.5	Births to Women age 40-54	2.7	No objective
25.9		24.1 - 38.2	Births to Unmarried Women	36.9	No objective
7.7		8.5 - 20.8	No Care in First Trimester ²	16.1	10.0

County Rate	Status	Peer County Range	Infant Mortality ¹⁷	U.S. Rate 2005	Healthy People 2010 Target
6.5		4.1 - 8.5	Infant Mortality	6.9	4.5
7.5		3.8 - 8.6	White non Hispanic Infant Mortality	5.8	4.5
nrf		0.0 - 9.6	Black non Hispanic Infant Mortality	13.6	4.5
4.0		0.0 - 19.8	Hispanic Infant Mortality	5.6	4.5
3.9		2.4 - 5.7	Neonatal Infant Mortality	4.5	2.9
2.6		1.0 - 3.2	Post-neonatal Infant Mortality	2.3	1.2

County Rate	Status	Peer County Range	Death Measures ¹⁸	U.S. Rate 2005	Healthy People 2010 Target
17.1		15.4 - 29.8	Breast Cancer (Female)	24.1	21.3
19.5		14.1 - 26.8	Colon Cancer	17.5	13.7
150.3		101.6 - 196.2	Coronary Heart Disease	154.0	162.0
6.3		0.5 - 5.0	Homicide	6.1	2.8
60.9		43.1 - 67.6	Lung Cancer	52.6	43.3
25.5		12.1 - 28.0	Motor Vehicle Injuries	14.6	8.0
75.2		42.1 - 67.9	Stroke	47.0	50.0
12.3		7.5 - 17.2	Suicide	10.9	4.8
37.2		16.9 - 31.7	Unintentional Injury	39.1	17.1

The total number of births during this time period was 2,312 and the total number of deaths was 1,946.

nrf No report, fewer than 500 births and 5 events (birth measures and infant mortality) or fewer than 10 events (death measures) occurred during the specified time period.

nda No data available

cdna Comparable data not available.

Yadkin County Leading Causes of Death

The primary data from the Community Health Assessment surveys produced a list of ten leading causes of death, according to county residents. This information was gathered through a qualitative question, Question 23, which asked the residents to write down what they believed to be the top three leading causes of death in the county. The items which were mentioned most are listed as 1 and 2 with those items listed as 9 and 10 being causes that were not mentioned as often.

- | | | |
|------------|--------------|--------------|
| 1. Heart | 5. Alcohol | 9. Obesity |
| 2. Cancer | 6. Accidents | 10. Diabetes |
| 3. Old age | 7. Smoking | |
| 4. Drugs | 8. Stroke | |

When looking at the statistics gathered by the State center for Health Statistics of North Carolina and the North Carolina County Health Data book for 2011, we find there are some differences in the perceived leading causes of death and the actual rates. Yadkin County residents were quite close in their top assumptions of heart disease/disorders and cancer. However, there were some differences such as accidents and alcohol/drugs. See the charts below which express the top ten leading causes of death in Yadkin County in 2010 as well as those for all counties. These numbers include all races and ages and both genders.

Yadkin Leading Causes of Death: 2010

Rank	Cause	Number	%
1	Cancer	93	22.7
2	Diseases of heart	82	20.0
3	Chronic lower respiratory diseases	35	8.5
4	Cerebrovascular diseases	31	7.6
5	All other unintentional injuries	23	5.6
6	Motor vehicle injuries	12	2.9
7	Alzheimer's disease	11	2.7
8	Diabetes mellitus	10	2.4
9	Influenza and pneumonia	9	2.2
	Septicemia	9	2.2
	All other causes (Residual)	95	23.2
Total Deaths -- All Causes		410	100.0

All Counties Leading Causes of Death: 2010

Rank	Cause	Number	%
1	Cancer	18013	22.9
2	Diseases of heart	17090	21.7
3	Chronic lower respiratory diseases	4490	5.7
4	Cerebrovascular diseases	4281	5.4
5	Alzheimer's disease	2813	3.6
6	All other unintentional injuries	2762	3.5
7	Diabetes mellitus	2036	2.6
8	Nephritis, nephrotic syndrome and nephrosis	1886	2.4
9	Influenza and pneumonia	1684	2.1
10	Motor vehicle injuries	1368	1.7
	All other causes (Residual)	22181	28.4
Total Deaths -- All Causes		78604	100.0

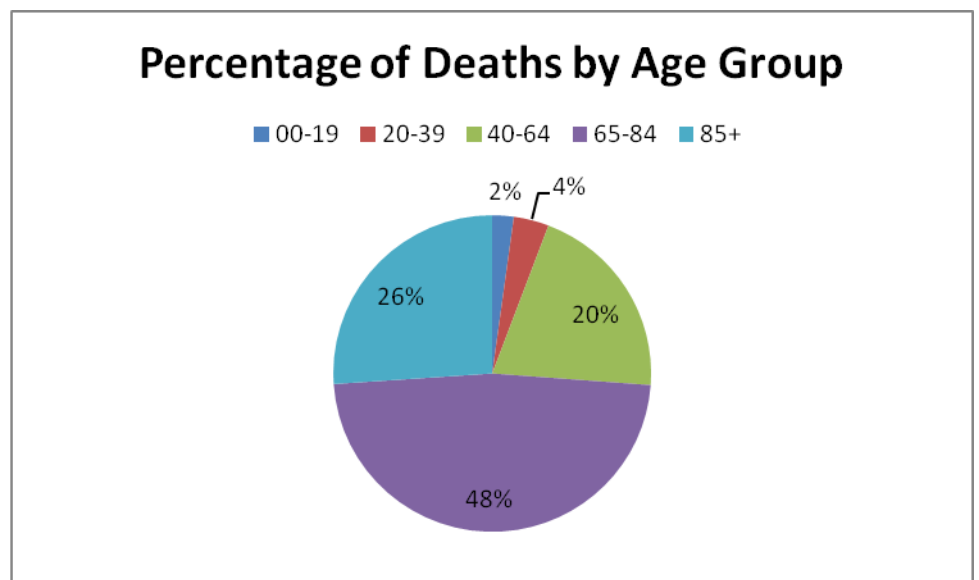
Source: State Center for Health Statistics, North Carolina

The top four leading causes of death in Yadkin County are identical to those of the state as a whole. Yadkin County has fewer deaths from Alzheimer’s disease and diabetes as compared to the state. Yadkin County has more deaths from unintentional injury and motor vehicle injury as compared to the state.

When looking at leading causes of death between genders and ages, we see that there are some disparities. Men in Yadkin County are disproportionately more likely to die from other ischemic health disease, other than acute myocardial infarction. Also, they are more likely to die from cancer, and more specifically, cancer of the trachea, bronchus, and lung as well as chronic lower respiratory diseases.

According to the 2011 North Carolina County Health Data Book, between 2005 and 2009, there were a total of 1,919 deaths in Yadkin County. See the table below regarding the total amount of deaths in each age range:

Age Group	Number of Deaths
00-19	42
20-39	69
40-64	391
65-84	917
85+	500



The leading cause of death for those aged 00-19 are conditions originating in the prenatal period. Other leading causes of death for this age group include injuries and Sudden Infant Death Syndrome (SIDS). For those who die between the age of 20 and 39, the leading causes of death are related to injury, either motor vehicle or other unintentional injury. Of the 391 who died in the 40-64 age group, a disproportionately large number of the deaths were caused by cancer (132), followed by diseases of the heart (77). The age group with the largest number of deaths, those ages 65-84, the causes of death were also cancer and diseases of the heart, only in large numbers. Finally, in those ages 85 and older, a disproportionately large number of the deaths were caused by diseases of the heart (132), and then followed by cancer (43) and cerebrovascular disease (36).

Yadkin County Sheriff's Office Quarterly Report Oct-Dec 2008⁸

The following is a summary of services provided by the Yadkin County Sheriff's Office for the 2nd Quarter of 2008 (October, November, and December). Due to the many varied services provided by the Sheriff's Office, the report is broken down into areas or divisions.

The report shows some areas of concern for Yadkin County citizens. Simple assault, aggravated assault, and domestic violence stand out as possible problems in the county. Also, damage to property, burglary, larceny, and drug violations/possession of marijuana have higher rates than most offenses listed.

COMMUNICATIONS

Calls Dispatched

709 Fire

511 Rescue

1307 Town Law Enforcement

2355 County Law Enforcement

123 Miscellaneous Calls

5768 Total Request for Service

PATROL

50 911 Hang Up

116 Alarms Activated

20 Animal

33 Breaking & Entering

61 Domestic Violence

59 Larceny

32 Noise Disturbance

35 Property Damage

10 Prowler

227 Security Checks

133 Suspicious Persons/ Vehicle

128 Traffic

2355 Total Complaints Answered

INVESTIGATIONS

Offenses Reported:

24 Aggravated Assault

21 Alcohol Violations

65 Burglary

96 Damage to Property

45 Drug Violations

38 Fraud

102 Larceny

15 Motor Vehicle Theft

115 Simple Assaults

1 Robbery

28 Trespassing

138 Other

688 Total Offenses Reported

OTHER EVENTS

Drug Amounts Seized

Marijuana: 706.95 grams

Crack Cocaine: .85 grams

Heroin: 5 dosage units

Other Drugs: 33 tablets

Paraphernalia charges: 14

Conclusion

In conclusion, it seems that there has been very little variation in the priority health issues identified in the 2010 SOTCH Report. Access to health information, access to dental care, cancer prevention and early detection, teen issues, access to healthcare, and obesity remain on the list of priority health issues for Yadkin County. The 2011 Community Health Assessment has altered the list slightly and added some new concerns brought forth by the data.

The growing number of uninsured, lack of grocery stores, lack of pharmacies, and teen pregnancy have all been added to the list of priority health issues in Yadkin County. These issues will be made into goals for the Health Department to address through community outreach, partnerships, and programming. Many health concerns identified in the 2010 SOTCH Report that remain on the health priorities list are already being address through programming and outreach.

Healthy Yadkin and the Health Education Department of the Yadkin County Health Department (as well as many other departments within the YCHD) will use the current list of priority health concerns as a guide for programming throughout the following years. Grants will be applied for and partnerships will be made in order to address the issues at hand in Yadkin County. As a community, it is our responsibility to work together for a healthier Yadkin County. The Community Health Assessment and the SOTCH Report are valuable tools that create insight into the health of Yadkin County. Hopefully our community will partner with the Yadkin County Health Department and continue to work towards accomplishing our goals.

Priority Health Concerns

- Access to health information
- ***Access to dental care**
- ***Diabetes Management and Education**
- Access to healthcare/health insurance
- ***Obesity**
- ***Teen pregnancy**

* Of these 6 priority health concerns, the Yadkin County Health Department will be including these four in our Community Health Action plans. Based on current resources, these will be the areas where the Health Department will be placing a focus through intervention: access to dental care, diabetes management and education, obesity, and teen pregnancy.

Primary Care Physicians

Dr.Roque Arias	112 East Main Street East Bend, NC 27018	336-699-2973
Blue Ridge Cardiology and Internal Medicine	108 South State St Yadkinville, NC 27055	336-679-2733
Blue Ridge Cardiology and Internal Medicine	380 Parkwood Medical Park Elkin, NC 28621	336-526-7997
Clemmons Urgent and Primary Care	2245 C Lewisville-Clemmons Rd Clemmons, NC 27012	336-712-8225
Elkin Pediatric and Adult Medicine	124 Samaritans Ridge Rd Elkin, NC 28621	336-835-7700
Foothills Family Practice	600 Chatham Medical Park Elkin, NC 28621	336-835-4819
Yadkin Valley Community Physicians	623 West Main St Yadkinville, NC 27055	336-679-6700 336- 679-6758
Jonesville Family Medical Center	4000 South Swaim St Ext Jonesville, NC 28642	336-835-6300
Yadkin Medical Associates	305 East Lee Ave Yadkinville, NC 27055	336-679-2661
Tri-County Health Resource Center-Grace Clinic	340 Hawthorne Road Elkin, NC 28642	336-835-1467
Wake Forest Baptist Healthcare Center-Davie	1188 Yadkinville Road - Mocksville, NC 27028	(336) 753-1555

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15. EPA. AIRSData, 2008.
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17. Infant mortality: deaths per 1000 live births (Neonatal: <28 days; post-neonatal: day 28 to under one year).
18. Rates are age-adjusted to the year 2000 standard; per 100,000 population.
19. Yadkin County Community Resources. Joblink Career Center, 2012.

Appendix A

1. In your opinion, what is the biggest health issue(s) of concern in your community?

2. The recommendation for physical activity is 30 minutes a day 5 days a week (2 ½ hours per week). Pick the **main** reason that keeps you from getting this much physical activity. (Check one.)

- | | |
|--|---|
| <input type="checkbox"/> Nothing. I get this much physical activity. | <input type="checkbox"/> I don't have time to exercise. |
| <input type="checkbox"/> I feel like I get this at my work. | <input type="checkbox"/> It costs too much to exercise. |
| <input type="checkbox"/> I am physically disabled. | <input type="checkbox"/> I don't like to exercise. |
| <input type="checkbox"/> There is no safe place to exercise. | <input type="checkbox"/> Other _____ |

3. One recommendation for healthy eating is to eat at least 5 servings of fruits and vegetables a day (not French fried or potato chips). Pick the **main** reason that keeps you from eating this way. (Check one.)

- | | |
|---|---|
| <input type="checkbox"/> Nothing. I eat 5 or more servings a day. | <input type="checkbox"/> I just don't think about it. |
| <input type="checkbox"/> I (or my family) will not eat them. | <input type="checkbox"/> I don't have time to fix them. |
| <input type="checkbox"/> I don't know how to prepare them. | <input type="checkbox"/> They're too expensive. |
| <input type="checkbox"/> They go bad before we eat them. | <input type="checkbox"/> Other. _____ |
| <input type="checkbox"/> I don't think they are important. | |

4. What are the top 3 biggest substance abuse problems in this county? (Rank 1 to 3 with 1 as the biggest problem).

- | | |
|--|---|
| <input type="checkbox"/> Abusing prescription drugs/pills. | <input type="checkbox"/> Marijuana. |
| <input type="checkbox"/> Alcohol abuse. | <input type="checkbox"/> Methamphetamine (Meth) |
| <input type="checkbox"/> Drinking and driving | <input type="checkbox"/> Other hard drugs (cocaine, crack, heroin) |
| <input type="checkbox"/> Huffing (inhaling glue, Dust-off, Whiteout) | <input type="checkbox"/> Using someone else's prescription drugs/pills. |
| <input type="checkbox"/> Other. _____ | <input type="checkbox"/> I really don't know. |

5. To prevent teen pregnancy and sexually transmitted diseases, which of the following should be taught in school? (Check one.)

- ☐ Abstinence until marriage
- ☐ Comprehensive sex education (including abstinence and other birth control methods)

☐ None of the above.

6. If a friend or family member needed counseling for a mental health problem, who would you tell them to call or talk to?

7. If a friend or family member were thinking about suicide, who would you tell them to call or talk to?

8. What is the **main** reason that you and your family would not be up-to-date on vaccines? (Check one.)

☐ I keep me and my family's vaccines up-to-date at the health department or at my doctor's office.

☐ Vaccines cost too much.

☐ I am afraid of possible side effects.

☐ I don't want to see my child in pain.

☐ I believe the vaccines cause disease.

☐ I have religious reasons.

☐ I don't know when they are due.

☐ Other _____

9. Did you know before now that your child can receive free school-required vaccines at the health department up to age 18? ☐ Yes ☐ No

10. Do you support tobacco-free environments such as restaurants, workplaces, community colleges and other public areas? ☐ Yes ☐ No

11. Do you and your family recycle? ☐ Yes ☐ No

If no, why not? _____

12. Which of the following Environmental Health concerns do you believe **most** affects your health? (Check one)

☐ Drinking Water

☐ Fluoride-enriched water

☐ Food Safety

☐ Mold

☐ Ozone

☐ Rabies

☐ Radon

☐ Recycling

☐ Second-hand smoke

☐ Lead exposure

☐ Drought

☐ Septic system failure

☐ Meth labs

☐ Air quality

☐ None of the above

☐ Other _____

13. If you are over age 50, have you ever had a colonoscopy?

___ Yes ___ No If no, why not? _____ ___ I am not over age 50.

14. If you are a male over age 40, do you have an annual prostate exam? (Females skip to question 15)

___ Yes ___ No If no, why not? _____ ___ I am not over age 40.

15. If you are a female over age 40, do you have an annual mammogram? (Males skip to question 17)

___ Yes ___ No If no, why not? _____ ___ I am not over age 40.

16. If you are a female, do you have a pap smear at least every other year?

___ Yes ___ No If no, why not? _____

17. Where do you go **most often** for health care when you are sick? (Check one)

___ Private Doctor's office	___ Health Department	___ Free Clinic
___ Hospital	___ Urgent Care Center	___ Walk-in clinic
___ Pharmacy	___ Other _____	___ I don't go anywhere when I'm sick.

18. Where do you go when you need your yearly check-up or physical? (Check **all** that apply)

___ Private Doctor's office	___ Health department	___ Free clinic
___ Hospital	___ Urgent Care Center	___ Walk-in Clinic
___ OB/GYN or Women's Health Provider	___ Other _____	
___ I don't go anywhere for a yearly check-up or physical.		

19. Where do you find out about local news or events? (Check **all** that apply)

___ Billboards	___ Blogs	___ Church
___ Email updates	___ Friends and family	___ Internet
___ Magazines	___ Newspapers	___ Radio
___ School	___ TV	___ Workplace
___ Social network websites (Facebook, Myspace)	___ Other _____	

20. How long has it been since you last visited a dentist or dental clinic for any reason?

- ☐ less than 1 year ☐ 1-2 years
☐ 2-3 years ☐ 3-4 years
☐ 5 years or more ☐ never visited a dentist or dental clinic

21. Where do you go for your yearly dental checkup or dental care? (Check all that apply)

- ☐ private dentist ☐ public health dental clinic
☐ Emergency dental care only ☐ I don't have regular dental care

22. If you are a parent, where does your child receive dental care? (check all that apply)

- ☐ private dentist ☐ public health dental clinic
☐ Head Start Program ☐ Emergency dental care only
☐ Health Department ☐ My child has never been to the dentist Age of child _____

23. What do you think are the leading causes of death in Yadkin County?

1. _____
2. _____
3. _____

Please complete the questions below for statistical purposes only:

24. Gender: ☐ Male ☐ Female

25. How old are you? (Check one.)

- ☐ 18-20 ☐ 21-24 ☐ 25-34 ☐ 35-44
☐ 45-54 ☐ 55-64 ☐ 65-74 ☐ 75 or older

26. Race (Check **all** that apply):

- ☐ Black or African American ☐ American Indian or Alaskan Native
☐ Asian ☐ White
☐ Native Hawaiian or Other Pacific Islander ☐ Other _____

27. Are you of Hispanic or Latino Origin?* ☐ Yes ☐ No

*The Census Bureau defines "Hispanic or Latino" as "a person of Cuban, Mexican, Puerto Rican, South or Central American or other Spanish culture or origin regardless of race."

28. What is the highest level of school, college or vocational training that you have finished?
(Check one.)

- | | |
|--|--|
| <input type="checkbox"/> Some high school, no diploma | <input type="checkbox"/> Some college (no degree) |
| <input type="checkbox"/> High school diploma or GED | <input type="checkbox"/> Graduate or professional degree |
| <input type="checkbox"/> Associate Degree/ Vocational Training | <input type="checkbox"/> Bachelor's degree |
| <input type="checkbox"/> Other: _____ | |

29. What was your total household income last year, before taxes? (Check one.)

- | | | |
|---|---|---|
| <input type="checkbox"/> Less than \$10,000 | <input type="checkbox"/> \$10,000 to \$14,999 | <input type="checkbox"/> \$15,000 to \$19,999 |
| <input type="checkbox"/> \$20,000 to \$24,999 | <input type="checkbox"/> \$25,000 to \$34,999 | <input type="checkbox"/> \$35,000 to \$49,000 |
| <input type="checkbox"/> \$50,000 to \$74,999 | <input type="checkbox"/> Over \$75,000 | |

30. What is you ZIP CODE? _____